

Celebrating Caring & Kindness

Overview

This is a three-part lesson that helps students become aware of being caring and kind citizens in their school community. The first part of the lesson introduces the meaning of caring and kindness to the students, in terms of recognizable behaviors they view in a short video clip. The second part is a guided discussion following the video clip.

The third part of the lesson focuses on a specific way to demonstrate kindness in the school community.

Lesson Objectives

Students will be able to:

- Identify and participate in caring/kindness activities at school
- Produce a community of caring/kindness card

ASCA Standards:

Personal/Social Standards:

- PS:A1 Acquires self-knowledge
- A1.6 Distinguish between appropriate and inappropriate behaviors
- PS:A2 Acquire interpersonal skills
- A2.3 Recognize, accept, respect, and appreciate individual differences
- PS:B1 Self-Knowledge Application
- B1.7 Demonstrate a respect and appreciating for individuals and cultural differences

Materials Needed

- Caring/Kindness card/template
- Markers/crayons/pencils
- Classroom computer and internet
- Discussion questions (provided below)

Part One: 6 minutes

Students will watch the following video:

<https://www.youtube.com/watch?v=oROsbaxWH0M&index=5&list=PL5CC7BD3ED42AFBD5>

Part Two: 10 minutes

Discussion following video (suggested questions):

- What words and behaviors describe/demonstrate kindness?
- In this video, is kindness displayed?
- Have you ever witness a similar situation as in the video?

Part Three: 10 minutes

Show students examples of meaningful KINDNESS CARDS which they can use as models for their own.

Have students create KINDNESS CARDS using the template provided.

Explain to students that completed KINDNESS CARDS will be randomly placed in library books where others can be surprised with expressions of RANDOM KINDNESS.

Closing Remarks

Emphasize with students their ability to make MMS a kind and caring school community – “One man can change the world.” (This is a lyric from one of the songs school counselors will be playing on the PA system in the morning and afternoon.)

Assessment

- Creation of Kindness Cards
- Student feedback during the lesson will determine if the students understand the value of kindness in our school community and demonstrating the skill of caring and kindness.
- Students demonstrate kindness.